

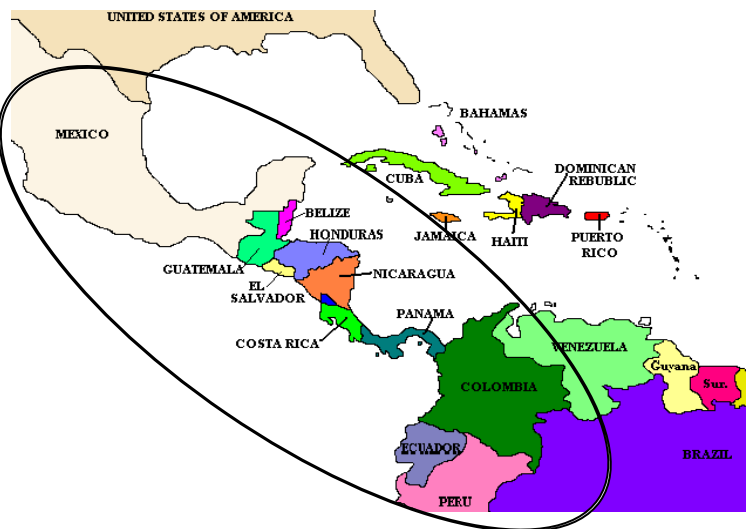


# Bell Pepper



## History

Bell peppers originated in Mexico, Central America, and South America.



Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants to produce black pepper. Columbus took samples of a wide variety of peppers back to Europe where they became quite popular. Peppers are used as a food, condiment, and spice. Since then, peppers have also been introduced to Africa and Asia.

Today, most green bell peppers sold in the United States are grown in Florida. California, Texas, New Jersey, and North Carolina also provide a portion of peppers sold in stores. Wisconsin grown bell peppers are available at farmers markets for a limited time during July, August, and September.

## Fun facts

- Peppers are actually fruits because they are produced from a flowering plant and contain seeds - most people think of them as vegetables
- Red, orange, and yellow bell peppers are actually very ripe green bell peppers
- Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen
- Green bell peppers are the most popular type of pepper in the United States
- Red bell peppers have more than twice the vitamin C of a green pepper
- Bell peppers are a good source of Vitamin A
- The scientific name for bell peppers is *Capsicum annuum*
- Capsicums are what peppers are called in Australia



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